

Save Your Life.


Know the Signs of Heart Attack

- Chest pressure, pain or discomfort
- Pain in arms, neck, jaw or stomach
- Sweating or nausea
- Shortness of breath
- Fatigue
- Anxiety

"I should have acted at the first chest pain, before it brought me to my knees. It felt like I was underwater."

— Gerald Cooper

For more information, talk to your healthcare provider.

American Heart Association® 
Learn and LiveSM

1-800-AHA-USA1
americanheart.org

Brought to you with funding from the Centers for Disease Control and Prevention.

In case of heart attack, call 9-1-1
and preserve our nation.


MONTANA
Department of Public Health & Human Services